

# KAEC NOTES

## Spring 2003

Billy Ray Smith, Commissioner, Kentucky Department of Agriculture • Capitol Annex, Suite 188, Frankfort, KY 40601  
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**ESSAY winners** (*l-r*) Wilson, Shepherd, Lucas, Clark, Capps, Hack, Givens and Landrum.



**POSTER winners** (*l-r*) Harper, Lile, Ray, Wilson, Ledford, Cremer, and Brumfield.

## Poster, essay winners illustrate Bluegrass State pride: 'Taste Kentucky Fresh – Nothing else is close.'

Agriculture Commissioner Billy Ray Smith recently recognized 16 students for their award-winning posters and essays during the Kentucky Agriculture Day Luncheon in Louisville.

The Kentucky Department of Agriculture sponsored the annual poster and essay contest, with the theme "Taste Kentucky Fresh – Nothing Else is Close." The phrase sums up the freshness advantage of Kentucky-grown produce and Kentucky-processed foods.

The winning essays and posters are featured in various KDA publications and at KDA events. Each winner received a \$100 savings bond and a Kentucky Agriculture Ambassador certificate.

Essay contest winners in the left-hand photo are congratulated by Kentucky Commissioner of Agriculture Billy Ray Smith. They are *front row* (*l-r*), Meagan Wilson, Mikala Shepherd, Danielle Clark, Elijah Hack, and Dakota Lee Landrum; *back row* (*l-r*), Emily Lucas, Hannah Capps, and Colton William Givens.

Poster winners with Commissioner Smith in the right-hand photo are, *front row* (*l-r*), Dillion Lile, Joseph Wilson, Sarah Cremer and Shane Brumfield; *back row* (*l-r*), Benjamin Harper II, Levi Ray and Kelsie Ledford. Not pictured is poster winner Coltin Franklin.



**KENTUCKY'S BOUNTY IS PICNIC-FRESH** in the poster of fifth grade winner Benjamin Harper II.

# ***Fresh*** and ***Proud!***

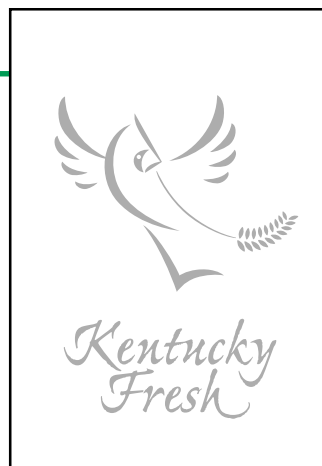
**Meet the new birds on the block – the ones winging your way with assurances that the Kentucky produce or processed Kentucky products to which they're attached flew to your local store with the speed of farm freshness.**

When 100,000 Kentuckians were asked about the most important factor in their food buying decisions, their majority answer was overwhelming: freshness.

Now, a new "Kentucky Fresh" logo directs them to the freshest fruits and vegetables available, produced by their friends and neighbors right here in the Bluegrass State.

"We want consumers to know that if a product bears our logo, it tastes Kentucky Fresh, and nothing else is close," said Kentucky Agriculture Commissioner Billy Ray Smith.

The Kentucky Fresh logo is one of two state-sponsored logos used to give a common identity to Kentucky agricultural products. "Kentucky Proud" is used on fresh meats and other Kentucky-produced or -processed products. Both assure consumers that the items are fresh from the farm. These logos can be found on products in farmers' markets, farmers' cooperatives, and select grocery chains serving freshness-conscious Kentucky consumers.



"Kentucky Fresh" adorns farm-fresh produce. Her sister "Kentucky Proud" can be found on manufactured or processed foods or products with a Kentucky pedigree.

## **Think Globally - Eat Locally**

**By Barbara Ruhs, MS, RD**

*Nutrition & Education Training Coordinator  
Massachusetts Department of Education*

It's hard to resist the temptation of sneaking a taste of some fresh strawberries when you're in the field picking them yourself! The taste of fresh produce is hard to beat.

**In addition to being more flavorful, fresh locally grown produce is better for you and the environment.**

Elaborate and efficient transportation systems eliminate our dependence on local agriculture, but choosing to eat locally grown produce has many healthy advantages. These include less handling and processing, exposure to fewer pesticides and optimal nutritional quality.

To preserve the quality of fresh produce transported all over the world, the produce is subjected to a series of processing and handling methods to preserve quality. Various preservation methods include the use of waxes, irradiation and refrigeration.

Fruits and vegetables are living organisms that change physiologically from the moment they are picked for harvest. They lose quality rapidly if not given proper handling.

Unfavorable conditions may cause sugars to change rapidly to starch and enzymatic reactions to cause speedy loss of flavor, appearance and texture<sup>1</sup>. It has been estimated that food in this country travels an average of 1,300 miles before it is consumed<sup>2</sup>. By choosing local produce at farm stands, farmers' markets, and pick-your-own farms, you can avoid produce that has been overly processed and mishandled.

Produce, such as apples and cucumbers, doesn't have to be treated with waxes if it is not being prepared for a journey across the country. Similarly, eating foods grown locally eliminates the need for sophisticated processing, like irradiation, and decreases or eliminates refrigeration time. Finally, eating local foods decreases the time from harvest to consumption, thereby reducing potential negative physiological effects on produce.

Exposing produce to pesticides is an efficient method for

*(continued on page 7)*

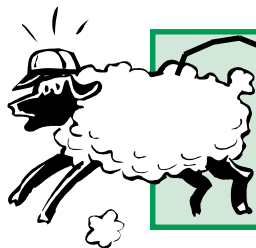


### **Student teachers find McDonald's gets hotcakes and biscuits from Louisville's Bakery Chef**

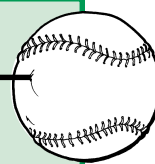
University of Louisville Professor Chuck Thompson accompanies student teachers on a tour of the Bakery Chef facility in Louisville. Bakery Chef bakes and freezes all the hotcakes and biscuits served at McDonald's restaurants east of the Mississippi River.

### *Here's Why We Should All Support a System Producing Locally Grown Foods*

- Food is one of life's most basic necessities. **Local agriculture assures a food system that is safe, affordable and accessible to all** by providing a wide variety of fresh, high-quality food and agricultural products sold at their peaks of flavor and nutritional value. The best and freshest food comes from a local farmer.
- **Buying locally grown food supports local jobs.** Agriculture is a vital part of Kentucky economy, employing thousands of people in a variety of careers on and off the farm.
- **Support for local agriculture keeps our Kentucky farms viable.** By selling directly to consumers, farmers earn a greater share of the consumer dollar and sustain their farm operations despite urban land encroachment pressure and rising costs.
- Fields, pastures and waterways contribute quietly and gently to our way of life by providing **scenic vistas, open space and wildlife habitat that are critical for quality of life.** Farmers are the stewards who protect and nurture more than 13 million acres of our open space in Kentucky.
- Locally grown foods require less energy input thus resulting in **reduced environmental impact and cost for transportation.**
- The performance of agriculture directly affects the **price that people pay for food**, both in the grocery store and in restaurants.
- Local agriculture is good for the community. **Taxes from agricultural development yield a community net earnings of 70 cents on the dollar**, while residential development costs a community an average of \$1.25 per dollar earned.
- The global marketplace has changed the way producers must grow, raise and sell their goods to remain viable. As local farms decrease, **stronger regional food systems create greater food security and sustainability.**
- **Agriculture is part of our Kentucky heritage.** A visit to a local farm reacquaints people (especially children) with their food supply and "where food comes from", and spotlights our rich rural culture and the history of the community.



A baseball includes  
150 yards of wool.



## **Deadlines near for award programs**

### **\$1,000 ag scholarships; undergrads apply by June 1**

The AgriBusiness Association of Kentucky offers \$1,000 scholarships to eligible Kentucky undergraduates.

Applications must be postmarked no later than **June 1**. An applicant must be a Kentucky resident accepted for the fall as a college undergraduate, who has declared an agriculture-related major or are accepted into an agricultural study program.

To obtain an application, or for more information, contact the AgriBusiness Association of Kentucky (formerly the Kentucky Fertilizer and Agricultural Chemical Association) by mail at 512 Capitol Ave., Frankfort, KY 40601; by phone at (502) 226-1122; or by fax at (502) 875-1595.

### ***'Journey To Planet Earth'***

### **Matt Damon hosts PBS series on natural balance**

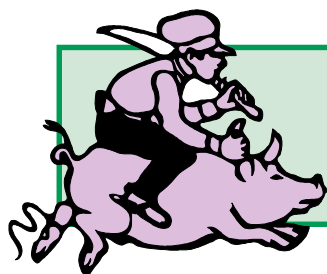
"**Journey to Planet Earth**" introduces students to important environmental issues of the 21st century through thought-provoking coverage. This PBS series, hosted and narrated by Matt Damon, links the sciences with economics, politics, geography and history – an interdisciplinary approach recommended by National Science Education standards for teaching environmental issues.

The series is produced by Emmy Award-winning filmmakers Marilyn and Hal Weiner in association with South Carolina ETV.

The common thread in the seven programs is the urgency to find a balance between people and their environment. Loss of farmland to urban development, river pollution, and inadequate resources for those living in the world's mega-cities are some topics the series covers.

Each episode features four or five thematically related stories from different geographic regions uniting people from different ethnic and cultural backgrounds in the theme of that show's coverage.

Teacher's guides, activity kits, and other resources can be found on **[www.pbs.org/journeytoplanetearth](http://www.pbs.org/journeytoplanetearth)**.

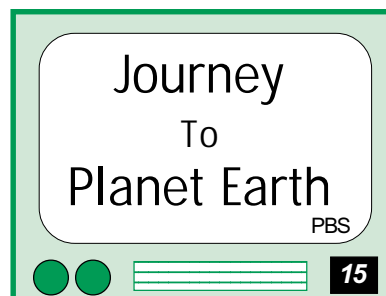


***A pig can run a  
seven-minute mile.***

### **Nominate student heroes by May 31 for \$2,000 honor**

The **Gloria Barron prize** honors young people from diverse backgrounds who have shown extraordinary leadership by protecting the environment, helping people, halting violence, or leading other important service work. These young people are true heroes – and an inspiration to us all.

Winners of the Barron prize, who may range from 8-18 years old, each receive \$2,000. Nominations are invited from responsible adults (including teachers, librarians, and civic or religious leaders) who have solid knowledge of a young person's heroic activities and who are not related to the nominee. Nomination deadline is **May 31, 2003**. Visit Web site **<http://barronprize.org>** for more information.



### **Having a ball**

During the Franklin County Science Fair, Rayetta Boone helps a student make a bouncing ball from corn starch.



# LEWIS & CLARK + 200: Relive *the* Adventure!

at the  
KENTUCKY  
STATE FAIR

August 14 - 24, 2003

Kentucky Fair & Exposition Center  
Louisville

visit [www.kystatefair.org](http://www.kystatefair.org)  
for complete information



The Lewis & Clark + 200 exhibition poster features the original artwork  
“Final Preparations” by Louisville artist Joe McGee.

**TWO HUNDRED YEARS AGO**, William Clark and Meriwether Lewis met in Louisville to recruit a special team of frontiersmen for the adventure of a lifetime. They enlisted “nine young men from Kentucky” into the Corps of Discovery.

**ON OCTOBER 26, 1803**, the men launched two boats at the Falls of the Ohio River and headed west on the first official American exploration of the newly acquired 838,000 square miles of the Louisiana Purchase. Their mission from President Thomas Jefferson: record all they could about the character and potential of this vast wilderness.

## EXPLORE LIVING HISTORY INTERACTIVELY

The 22,000-square-foot South Wing exhibit **Lewis & Clark + 200** focuses on the Kentuckians of the exploring party. Visitors will relive the adventure through interactive experiences, living history performers, and large-scale interpretive sets. All ages will experience the excitement and wonder of America's greatest exploring adventure.

**Get students directly involved.** Your students are invited to submit art and multimedia projects to illustrate the story of the Corps of Discovery and its Kentucky origins. Their work will be seen by over 650,000 visitors to the exhibit. Submit your work, then plan a school tour.

**Field trips welcome.** Teachers booking tours of this special exhibition will receive extensive curriculum materials based on Core Content for Assessment in Social Studies and Science. Please arrange your field trip by **July 25**.

**Professional Development June 3:** A three-hour professional development opportunity will be offered from **9 a.m. to 12 noon June 3** to teachers who want to involve students in the commemoration of the Lewis & Clark Expedition. For more information, contact **Alice Timberlake** by phone at **502 367-5212** or by e-mail at [alice.timberlake@mail.state.ky.us](mailto:alice.timberlake@mail.state.ky.us).

**Deadline:**  
**JUNE 1**

## "Partners for Agriculture Literacy" Conference Set By Farm Bureau

**Kentucky Farm Bureau** is recruiting **up to 150 elementary through secondary level teachers** to participate in the ninth annual "Partners for Agriculture Literacy" teacher conference **June 17-18** at the Holiday Inn Hurstbourne Hotel in Louisville.

This year's conference will include updates on the national Food, Land and People curriculum, plus a special keynote address, mini-sessions, and workshops focusing on using agriculture education to improve student achievement. Approximately 10 hours of professional development credit can be earned through this conference.

Conference expenses are free to all public and non-public teachers in Kentucky. To register for the conference, contact Faye Lowe, Kentucky Farm Bureau Federation, 9201 Bunsen Parkway, P.O. Box 20700, Louisville, KY 40250-0700, fax to (502) 495-7781, or e-mail [flowe@kyfb.com](mailto:flowe@kyfb.com) by June 1, 2003.

## USDA Begins Global Feeding Program

The United States Department of Agriculture's Foreign Agriculture Service will implement the McGovern-Dole International Food for Education and Child Nutrition Program, said Secretary of Agriculture Ann M. Veneman.

The program seeks to bring educational opportunities and better nutrition to the world's poorest children.

Today, an estimated 120 million children around the world (the vast majority of whom are young girls) do not attend school, in part because of hunger and malnutrition. This program seeks to improve school attendance by providing children in impoverished nations with nutritious meals as part of their education.

USDA will build upon the successes of the Global Food For Education (GFE) pilot program, augmented by other federal agencies and the assistance of other nations. The GFE program, now in its final year, cites many accomplishments:

- In **Pakistan**, where girls often marry young and stay at home, enrollment by girls in GFE schools climbed 32 percent thanks to school meals and tins of cooking oil provided as an education incentive for parents.
- In **Bolivia**, a GFE school feeding project is

Today, an estimated 120 million children around the world (the vast majority of whom are young girls) do not attend school, in part because of hunger and malnutrition.

being used to organize a wide range of basic services, including teacher training, preventive medical treatment for children, dental hygiene, health and nutrition education, water disinfection, tree planting, and school gardens.

- In the **Lebanon** GFE project, as in many others, teachers report children with more energy, better concentration and faster learning since the school meals began. More parents are becoming aware of the value of education, especially for daughters.
- In **Moldova**, one of Europe's poorest countries, a small pasta factory added 67 new workers as a result of the GFE project, while 65 new jobs were created in an impoverished area in **Eritrea** and an estimated 150 jobs were saved in **Benin**.
- In a small village in **Bangladesh**, mothers are contributing from their meager budgets to provide safe food storage while their children recite a new classroom slogan, "Drink milk, be smart."

Nearly 7 million children in 38 countries have been receiving school meals under the pilot USDA initiative.



### ***Buzz that by me again?***

Campbellsville University student teachers were amazed to learn that honeybees must tap millions of flowers to produce one single pound of honey.

### ***Web site a boon for busy teachers***

<http://www.ceismc.gatech.edu/busyt/homepg.html>

**Busy Teacher WebSite** (K-12) provides teachers with direct source materials, lesson plans and classroom activities with a minimum of site-to-site linking. It's an enjoyable and rewarding experience for teachers learning to use the Internet.

### ***Think Globally, Eat Locally*** (continued from page 2)

farmers to protect their crops from insects and other pests. Unfortunately, pesticides are not healthy for humans to consume. The safety of most pesticides is regulated by the Environmental Protection Agency (EPA). The EPA sets "safety buffers" and residue tolerances for pesticides that are used on produce.

Routine washing of produce is recommended to decrease pesticide residues. By choosing local produce (grown in the United States), you can be more assured that the safety and level of the pesticides used is within normal limits.

Many local organic growers and IPM (Integrated Pest Management) growers use alternative pest control methods that decrease the use of chemical pesticides. If you are picking your own produce, consider a certified organic or an IPM-certified farm.

The secret to optimal nutritional quality of local produce is freshness. Local produce doesn't have to be processed for shipping and it doesn't sit on a truck or plane for several hours. By decreasing the time from harvest to consumption, physical and nutritional properties of the food can be preserved.

To obtain the healthiest and most ecologically sound produce, choose foods grown and produced locally.

### **How to Protect Nutrients in Food<sup>4</sup>**

**Avoid soaking food in water.** Soaking food in water dissolves water-soluble vitamins and minerals. Avoid soaking unless absolutely necessary. If foods must be soaked, use the smallest amount of water possible and use the leftover cooking liquid in soup or another product.

**Avoid heat.** Heating food causes nutrient loss, especially vitamin C. For example, the vitamin C content of canned peas will differ significantly from that of cooked frozen peas. Frozen peas are higher in vitamin C because heat from the canning process has already destroyed some of the vitamin C in canned peas.

**Avoid light.** Milk is an excellent source of riboflavin, but it allowed to stand open or exposed to light, considerable

destruction of riboflavin can occur. A light-blocking container, such as a cardboard carton, can help prevent this.

**Maintain pH balance.** Do not add baking soda to green vegetables to retain color during cooking. It makes the cooking water alkaline, destroying thiamin and vitamin C.

**Restrict exposure to air.** Vitamins A, C, E, K, and the B vitamins, thiamin, pyridoxine, biotin, and folate (also called folic acid), are destroyed by exposure to air. To reduce nutrient loss, cut and cook vegetables using the largest size pieces possible; store foods with tight covers; cook vegetables soon after cutting; cook vegetables until they are "just tender"; and prepare food close to its serving time.

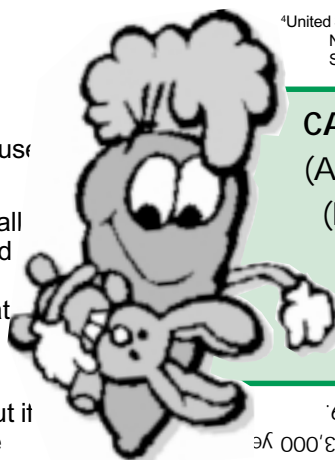
**Cook small amounts.** When cooking vegetables, prepare small amounts. Avoid long exposure to heat. Fresh or frozen vegetables can be cooked by several different methods. You can steam, bake, microwave or sauté them. Regardless of the cooking method you choose, it's better to prepare small amounts than to cook single large batches. Nutritive value is lost and quality is lowered with long exposure to heat.

<sup>1</sup>Lendal H. Kotchevar, 1993. *Quantity Food Purchasing*. MacMillan Publishing Co., Chicago, Illinois.

<sup>2</sup>Rodale Institute, 1981. *Empty Breadbasket: The Coming Challenge to America's Food Supply and What We Can do About It*. The Cornucopia Project, Rodale Press, Emmaus, Pennsylvania.

<sup>3</sup>J.L. Wilkins and J.D. Gussow, 1997. "Regional Dietary Guidance: Is the Northeast Nutritionally Complete?" Conference Proceedings for the International Conference on Agricultural Production and Nutrition, Boston, Massachusetts, March 19-21, 1997.

<sup>4</sup>United States Department of Agriculture, Food and Nutrition Service, Team Nutrition and Training Program, 1998. *A Menu Planner for Healthy School Meals* (FNS-303): 159 - 161.



### **CARROT TRIVIA:** The carrot....

- (A) originated in Afghanistan;
- (B) can be white, red, purple or yellow as well as orange;
- (C) belongs to the parsley family;
- (D) all of the above.

(D) Also...though carrots have been around for 3,000 years (pictured) didn't debut until 1989.

**Don't  
Forget!**

## MARK YOUR CALENDAR

### MAY

May 16-19

#### **KAEC Workshop**

Murray State University

May 30-31

#### **KAEC Workshop II**

Murray State University

### JUNE

June 17-18

#### **Kentucky Farm Bureau Partners in Ag Literacy Conference**

Louisville

June 20

#### **'Project Food, Land and People' Educator Training**

Union College

June 24-28

#### **National Agriculture in the Classroom Conference**

Nashville

### JULY

July 10-11

#### **'Project Food, Land and People' Facilitator Training**

Lexington

July 23-24

#### **KAEC Workshop**

Elizabethtown

### AUGUST

August 14-24

#### **Kentucky State Fair**

Louisville

### SEPTEMBER

September 12-13

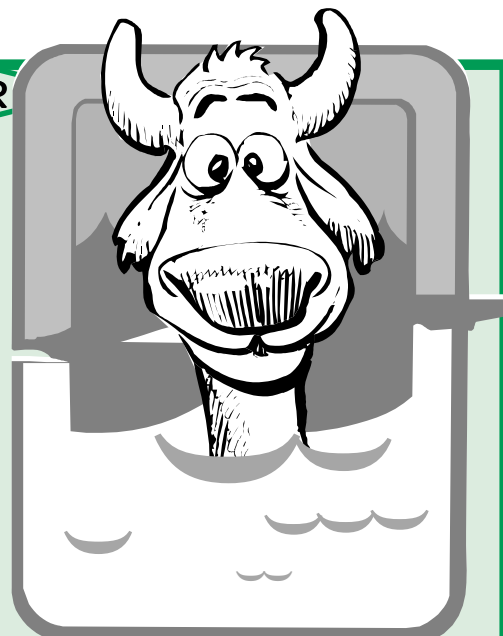
#### **KAEC Workshop**

Ashland

September 26-27

#### **KAEC Workshop**

Somerset



The one-day production of  
U.S. milk cows,  
**42.8 million gallons,**  
would overfill  
**486 typical YMCA  
swimming pools** *(at an  
average 88,000 gallons per pool).*

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